



### ABSTRACT OF THE DISCLOSURE

A washer has a body having at least one inner segment arranged to cooperate with a fastener and enhancing a cooperation between the inner segment and another end of a rod underneath at least one thread portion to create a friction between the inner segment and another end of the rod, the body also having an inner surface adapted to cooperate with the inner segment, so that when a tool is applied and the nut is turned by the tool to overcome a thread friction with the rod, and the rod wants to turn along while a holding force holds the body stationary, the inner segment stops the rod from turning so that any further turning of the nut elongates or relaxes the rod in an axial direction to tighten or loosen the rod by elongating or relaxing the rod. Also, a method and a power tool for tightening and loosening with the use of the washer is proposed.